Dive into yourself

8-DAY PERSONAL CHALLENGE OUTDOOR COURSE

3rd – 10th of August 2019
In this course you will...

✓ Have the opportunity to challenge yourself both physically and mentally. Through different tasks and challenges you will have the opportunity to learn about yourself and others.

✓ Learn about different styles of leadership, communication, team-work, decision-making and problem-solving. Since we believe in learning by doing, you will have the chance to try them all!

✓ Hike the mountains all the way to the Adriatic Sea, through the most beautiful parts of Croatia.

✓ Sleep under the stars, climb and belay. It can be hard and challenging but without pushing our comfort zone we can never grow and learn.

✓ Experience what does it mean to be part of the team and how to support others in good and bad. Your team will be your family and together you will go through an adventure.

✓ Have time for yourself, time to sit, enjoy the beautiful sunrise and reflect on the experience you had.

We believe that the best way to learn about yourself is through challenge and discovery and that’s why we will dive together in one!
Aims of the course

We aim to help participants to:

✓ Improve self-confidence and decision-making
✓ Learn different leadership styles
✓ Practice your leadership capabilities
✓ Become an effective, independent and team focused learner
✓ Practice communication and team-work skills
✓ Improve performance and problem-solving skills
✓ Learn about the Outward Bound Experiential Learning Method
✓ Set up a SMART long-term plan with our Instructor through 1 on 1 mentoring
During the course...

You will be expected to carry backpacks and hike most days as the program is expedition based.

You will have the chance to learn about climbing and belaying techniques and you will try them on the real rock.

You will have the opportunity to swim in the Adriatic Sea.

You will have one on one conversations with the instructor about your personal goals.

You will cook and carry all the food and equipment necessary for living in the great outdoors.
During the course...

Participants don’t need prior outdoor experience but will be required to have the **ability to walk long distances on mountain trails.** You will also need to be healthy and able to swim as the course will be partly based in the sea.

Course is based on **high professional standards** of the world-wide Outward Bound system of Experiential Learning and is led by **instructors with many years of experience** and who have all the technical skills necessary for a secure and safe completion of the course.
Outward Bound

Outward Bound International

www.outwardbound.net has provided more than seven decades of Experiential Education to individuals seeking focus in life, strength of character, resolve, sense of social responsibility and leadership. Outward Bound courses teach people how to overcome physical and mental challenges, build self-esteem and the discovery of one's own full capacities, all resulting in a higher level of adjustment to challenging life situations.

Outward Bound Croatia

www.outwardboundcroatia.com runs outdoor courses in nature where the participants discover and refine their inner abilities, build respect for themselves and others, gain skills in building positive social interactions and leadership, break down unhealthy and destructive habits and become more environmentally conscious. We teach and work by the following principles: Compassion, Integrity, Excellence, Inclusion and Diversity.
Participant Experience

"This program ranks as the very best for the personal development. It stretches you out of your comfort zone with every new challenge. I recommend this to anyone seeking their own limits."

"This was an eye-opener experience filled with moments that cannot be forgotten. Life-changing, exceptional and fun. Kind of program that helps to shape the future of the movement."
Content of the program

Day 1
Getting to know each other and building a team

Meet in Gospić
Arrival and welcome to OBC center
Introduction
• Learning about Outward Bound world. How will the course look like, introducing the “training phase”

Getting to know each other
• Problem solving tasks and initiatives

Learning expedition skills
• Packing backpack, navigation lesson, nutrition lesson, outdoor hygiene lesson, which equipment to take and how to use it

Evening circle
• Fears and expectation, talking about how to set up your personal goal

Overnight in OBC center

Day 2
Learning new skills

Morning physical fitness routine
One on one conversation
• What do you want to get from this course, setting up personal goals

Pack and go, start of the journey
Getting to the camp, learning outdoor camping skills
• How to pick the camp and build the shelter, cook on open fire, leave no trace (LNT) principles

Evening meeting
• Discussing about the day, soft skill lesson

Sleeping outside
Content of the program

**Day 3**  
*Velebit mountains*

**Expedition** to the high parts of Velebit  
**Learning new and practicing old soft skills**  
**Getting more independence**  
- Moving to the “main phase”  
**Learning knots**  
- Getting ready for the Rock climbing day  
**Evening meeting**  
- Discussing about the day, sharing 5 min biography  
**Sleeping close to the climbing site**

**Day 4**  
*Let's Rock!*

**Rock climbing**  
- Learn knots and bolts of rock climbing, top rope climbing, bottom belaying  
**Abseiling**  
**Afternoon Service**  
- Giving back to nature  
**Evening meeting**  
- Soft skill lesson  
**Sleeping outside**
Content of the program

Day 5
*Taking thing in your own hands*
- Continuing with the expedition
- Learning about mountaineering
- Evening meeting
  - The group is preparing evening lesson

Day 6
*Personal Challenge day*
- Mountaineering to the top of Bačić kuk
  - SOLO time
  - Evening meeting
    - Is the group ready to move on the “final phase”?
  - Sleeping outside

Day 7
*Full autonomy day (Final phase)*
- Getting down the mountain toward the coast
- The group is in charge of the day
- Final night around the fire

Day 8
*Time to go home*
- Ending the expedition on the coast of Adriatic Sea
- Returning and cleaning the gear
- Final one on one – how to keep working on your goal?
- Going home - End of the adventure?
Locations: Croatia, Veliki Žitnik - Ravni Dabar – Velebit mountain, Ribarica – Adriatic sea

**Velebit Mountains** - the largest mountain range in Croatia, stretching from the Alps along the Adriatic coast is one of the venues for this outdoor training course.

The **coastal slope** is very rocky and bare, further inland there is steeper terrain that is almost completely covered in forest. A large area of Velebit is protected as a **nature park** and some parts are protected in the category of National Park.
Locations: Croatia, Veliki Žitnik - Ravni Dabar – Velebit mountain, Ribarica – Adriatic sea

Adriatic sea – The Croatian coast is famous for its crystal clear sea and thousands of idyllic islands. There are 1244 islands, islets, cliffs and reefs of which only 50 are inhabited, so Croatia may justly be called “a land of a thousand islands“. During this course you will experience scuba diving along the coast in one of these beautiful bays.

“The surroundings were beautiful! It was great to see only the team and remove ourselves from reality“ - participant in August 2014
Meeting point and how to get there

• The training will begin and finish in **Outward Bound Educational Center in Veliki Žitnik** - a small village in Lika.

• Transport to **Veliki Žitnik** will be provided by the organizers as there are no public transport available. For this reason **the meeting point** is the biggest nearest town - **Gospić** - which is at the center of the region. Gospić is well connected by bus with the capital Zagreb (2 hours by bus) and other bigger cities like Zadar (1 hours 15min by bus). Zadar is well connected with low cost airlines and airports across Europe during the summer period.

• We will meet on the **Gospić bus station**, by **1 PM latest** on **the arrival day**.

• Planed **departure** is from **Veliki Žitnik** at **2 PM**
Your Journey Starts Here

- Fly to Zadar
- Bus to the collection point in Gospić
- Van from Gospić to Veliki Žitnik (in our arrangement, no additional cost)
Practical information

This is truly an outdoor training, so please read the following information carefully!

What to bring:
✓ Sleeping bag (suitable for as low as -5 degrees)
✓ Backpack (minimum size, 60L)
✓ Camping mattress
✓ Good walking shoes - preferably waterproof, suitable for walking long distances in a mountainous, rocky area.
✓ Shoes for water (sandals or old sneakers)
✓ Outdoor clothes - all-weather jacket, warm gloves, warm hat, sun hat, sunglasses, sunscreen, extra clothes, UV sun block, long sleeve shirt
✓ Headlamp or battery-torch
✓ Towel
✓ Swimming suit
✓ Medicines that you usually use and need
✓ Passport or other official identification

In the case that you do not have a backpack, sleeping mattress or sleeping bag, Outward Bound Croatia will provide one for you. Please communicate with us for what equipment you need.

Special needs (diets, medicine) - Please, tell us beforehand if you need any assistance from us in this matter.
Technical details & safety

• For accommodation, a bivouac is used in the natural surroundings of the Velebit mountains. Technical gear is provided by the organizer. Program Meals are also provided by the organizer and prepared by the group.

• Risk and uncertainty are central to adventure and personal growth. By embracing this philosophy, Outward Bound is committed to systematically identifying, assessing and mitigating hazards, while at the same time providing real challenges.

• Outward Bound instructors are experienced and qualified outdoor professionals committed to their participants’ wellbeing through their values, judgment, words, and actions. Outward Bound staff are trained to identify, assess, and approach risk as a learning tool to be managed but not eliminated. The goal is providing the opportunity for participants to gain insights and perspectives into their own and others capabilities that are unavailable anywhere else.

• As part of an ongoing effort to monitor and improve safety, Outward Bound programs are regularly reviewed and audited by both internal and external teams in order to proactively identify and assess potential hazards as well as areas of commendation. Outward Bound has been a leader in wilderness safety and risk management for 75 years and is a co-sponsor of the annual Wilderness Risk Management Conference (WRMC).
“A ship is safe in harbor, but that's not what ships are for.”
- William G.T. Shedd